



Helpful Hints to Reduce Lead

Lead is:

- a toxic metal
- produces many adverse health effects particularly in young developing children

How are people exposed to lead?

- deteriorating paint
- dust
- air
- contaminated soil

Where is lead found?

- window sills and troughs
- floors or steps
- carpet, rugs, and floor mats
- furniture
- radiators, grates and registers
- porches
- soil and sandboxes



The recommendations are not a one-time, permanent solution. Frequent, thorough cleaning and maintenance are essential, and so is close attention to children's hygiene and hand-to-mouth behavior. Pay close attention to what they put into their mouths, and continue to have their blood tested as often as your doctor or clinic recommends

Warning: Lead is toxic!

Children and pregnant women should not take part in the recommendations to reduce lead exposure. When cleaning, wash hands frequently to prevent contamination or wear gloves if available.

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Lead Source	Actions to Take or Avoid
Hard Surfaces	<ul style="list-style-type: none">• Mop floors with soapy water• Clean window sills and wells with soapy water• Use disposable paper towels for lead cleaning only• Use separate buckets for wash and rinse water• Lightly spray floors with water before sweeping• Place a blanket or rug on floor when child plays there• Keep children and their belongings away from windows• Open double-hung windows from the top• Areas with chipping/peeling paint should be covered with heavy tape, paneling, heavy wallpaper, contact paper, or you can push furniture against the area

Lead Source	Actions to Take or Avoid
Carpet Surfaces	<ul style="list-style-type: none"> • Use a HEPA vacuum for cleaning, if possible. • If a HEPA vacuum is not available, use "HEPA-type" or "allergy" filter bags. • Vacuum for an extended time. • Use care if removing older carpets that are heavily contaminated with dust.
Limiting Paint Exposure	<ul style="list-style-type: none"> • Wipe off loose paint using damp disposable paper towels, cloths or rags. • Block access to chipping paint with furniture. • Put contact paper over chipping paint. • Mist areas containing loose paint chips with water, sweep up, and seal in a plastic bag and properly dispose of immediately. • Seal off or enclose areas with small amounts of chipping paint. • Do not use hazardous methods of removing paint, such as mechanical sanding, open-flame burning, or chemical removal using methylene chloride. • Use safer alternatives for removing paint, such as wet scraping and wet sanding. • When permanently removing lead, use a certified abatement contractor. For a list of certified contractors call 1-866-865-3233. • Repaint with two coats of high-quality paint. When choosing your new paint, remember that you want a cleanable surface that will hold up under frequent washings. • Do not allow children to eat loose paint or chew on windowsills or other painted surfaces.
Limiting Soil Exposure	<ul style="list-style-type: none"> • Cover bare soil with grass, plants, gravel or wood chips. • Do not let children play near walls of house or garage or on bare soil. • Have children play in grassy area or sandbox that can be covered. • Wash children's hands after playing outside or playing with pets. • Remove shoes before entering the house. • Use a doormat to reduce track-in of outdoor dust and soil.
Hygiene	<ul style="list-style-type: none"> • Wash children's hands, toys, bottles and pacifiers often. • Do not allow children to eat food off the floor.
Water	<ul style="list-style-type: none"> • Use cold water from faucet for drinking, cooking or making baby formula. • Run water from the cold for 1 minute until temperature changes.

Source: United States Environmental Protection Agency, *Basis for Educational Recommendations on Reducing Childhood Lead Exposure* (747-R-00-001) (Washington, DC: U.S. EPA, June 2000).

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